



THE UNIVERSITY *of* EDINBURGH

Edinburgh Research Explorer

Intelligence in youth and health behaviours in middle age

Citation for published version:

Wraw, C, Der, G, Gale, CR & Deary, IJ 2018, 'Intelligence in youth and health behaviours in middle age', *Intelligence*, vol. 69, pp. 71-86. <https://doi.org/10.1016/j.intell.2018.04.005>

Digital Object Identifier (DOI):

[10.1016/j.intell.2018.04.005](https://doi.org/10.1016/j.intell.2018.04.005)

Link:

[Link to publication record in Edinburgh Research Explorer](#)

Document Version:

Other version

Published In:

Intelligence

General rights

Copyright for the publications made accessible via the Edinburgh Research Explorer is retained by the author(s) and / or other copyright owners and it is a condition of accessing these publications that users recognise and abide by the legal requirements associated with these rights.

Take down policy

The University of Edinburgh has made every reasonable effort to ensure that Edinburgh Research Explorer content complies with UK legislation. If you believe that the public display of this file breaches copyright please contact openaccess@ed.ac.uk providing details, and we will remove access to the work immediately and investigate your claim.



Table S1

Characteristics of the participants' AFQT scores, childhood SES, and adult SES by behavioural outcome categories

		obs	AFQT Mean (sd)	P value	obs	Adult SES Mean (sd)	P value	obs	Childhood SES Mean (sd)	P value
Are you able to do the following activities?										
Strength training activities	Yes	6,163	-0.31 (1.02)	p<.001	5,013	0.09 (0.81)	p<.001	6,163	-0.41 (0.08)	p<.001
	No	348	-0.77 (0.91)		226	-0.29 (0.76)		348	-0.60 (0.98)	
Moderate cardiovascular activities	Yes	6,582	-0.31 (1.02)	p<.001	5,348	0.08 (0.81)	p<.001	6,582	-0.35 (1.08)	p<.001
	No	163	-0.83 (0.89)		106	-0.38 (0.80)		163	-0.67 (1.03)	
Vigorous cardiovascular activities	Yes	6,398	-0.31 (1.01)	p<.001	5,214	0.09 (0.81)	p<.001	6,398	-0.34 (1.08)	p<.001
	No	316	-0.80 (0.92)		201	-0.40 (0.76)		316	-0.61 (1.01)	
How much of the following activities do										
Strength training (sessions/week)	0	3,363	-0.39 (1.01)	p<.001	2,691	-0.04 (0.79)	p<.001	3,363	-0.43 (1.07)	p<.001
	1 to 3	1,711	-0.08 (1.01)		1,443	0.31 (0.77)		1,711	-0.16 (1.10)	
	≥4	981	-0.36 (1.02)		794	0.14 (0.85)		981	-0.33 (1.09)	
Moderate cardio vascular activity (minutes/week)	<75	2,787	-0.35 (1.03)	p<.001	2,262	0.11 (0.83)	p<.001	2,787	-0.40 (1.08)	p<.001
	≥75 to 149	1,136	-0.13 (1.06)		933	0.21 (0.81)		1,136	-0.21 (1.09)	
	≥150 to	1,580	-0.26 (1.02)		1,288	0.09 (0.81)		1,580	-0.29 (1.11)	
	≥510	749	-0.50 (0.90)		602	-0.18 (0.71)		749	-0.45 (0.99)	
Vigorous cardiovascular activity (minutes/week)	<38	2,164	-0.42 (1.02)	p<.001	1,710	-0.05 (0.80)	p<.001	2,164	-0.46 (1.09)	p<.001
	≥38 to 74	698	-0.16 (1.00)		583	0.16 (0.79)		698	-0.26 (1.03)	
	≤75 to 254	2,009	-0.11 (1.00)		1,715	0.27 (0.79)		2,009	-0.19 (1.08)	
	≥255	1,258	-0.41 (0.96)		1,002	0.07 (0.81)		1,258	-0.36 (1.09)	
In the past week have										
Eaten fast food	Yes	4,095	-0.36 (1.00)	p=.010	3,341	0.05 (0.79)	p=.338	4,095	-0.43 (1.06)	p<.001
	No	2,892	-0.30 (1.04)		2,278	0.08 (0.85)		2,892	-0.27 (1.10)	
Skipped any meals	Yes	4,257	-0.30 (1.00)	p<.001	3,435	0.06 (0.81)	p=.413	2,708	-0.33 (1.07)	p=.004
	No	2,708	-0.40 (1.05)		2,171	0.08 (0.83)		4,257	-0.41 (1.09)	
Snacked between meals	Yes	5,888	-0.29 (1.02)	p<.001	4,781	0.09 (0.81)	p<.001	5,888	-0.34 (1.08)	p=.002
	No	1,073	-0.56 (0.99)		829	-0.07 (0.81)		1,073	-0.45 (1.08)	
Had any sugary drinks	Yes	3,695	-0.52 (0.98)	p<.001	2,925	-0.08 (0.78)	p<.001	3,695	-0.56 (1.03)	p<.001
	No	3,286	-0.13 (1.03)		2,689	0.22 (0.81)		3,286	-0.15 (1.09)	
When shopping do you:										
Read nutritional	Always	2,061	-0.21 (1.01)	p<.001	1,663	0.17 (0.82)	p<.001	2,061	-0.24 (1.06)	p<.001
	Often	1,465	0.03 (1.00)		1,234	0.27 (0.80)		1,465	-0.12 (1.08)	
	Sometimes	1,471	-0.52 (1.02)		1,160	-0.05 (0.79)		1,471	-0.54 (1.07)	
	Rarely	693	-0.35 (0.98)		562	0.01 (0.81)		693	-0.38 (1.07)	
	Never	1,256	-0.73 (0.90)		967	-0.21 (0.76)		1,256	-0.63 (1.03)	
Read the ingredients	Always	1,801	-0.32 (1.03)	p<.001	1,416	0.07 (0.84)	p<.001	1,801	-0.29 (1.07)	p<.001
	Often	1,238	-0.05 (0.99)		1,037	0.24 (0.81)		1,238	-0.20 (1.09)	
	Sometimes	1,663	-0.35 (1.07)		1,338	0.05 (0.81)		1,663	-0.41 (1.11)	
	Rarely	829	-0.19 (0.96)		688	0.16 (0.78)		829	-0.29 (1.04)	
	Never	1,417	-0.67 (0.91)		1,107	-0.14 (0.76)		1,417	-0.59 (1.04)	
Smoking & Drinking										
Did you drink alcohol in the past month?	Yes	3,830	-0.10 (1.01)	p<.001	2,360	0.22 (0.79)	p<.001	3,830	-0.15 (1.07)	p<.001
	No	3,131	-0.61 (0.96)		3,250	-0.15 (0.79)		3,131	-0.62 (1.04)	
Did you have 6 or more drinks on one occasion in the past month?	Yes	991	-0.34 (1.00)	p<.001	827	0.02 (0.80)	p<.001	991	-0.34 (1.05)	p<.001
	No	2,832	-0.02 (1.00)		2,420	0.29 (0.78)		2,832	-0.08 (1.07)	
Do you smoke?	Yes	1,733	-0.63 (0.90)	p<.001	1,323	-0.32 (0.76)	p<.001	1,733	-0.51 (0.95)	p<.001
	No	5,220	-0.24 (1.04)		4,266	0.18 (0.79)		5,220	-0.31 (1.12)	
Oral care										
Do you floss?	Yes	5,085	-0.22 (1.00)	p<.001	4,198	0.16 (0.79)	p<.001	5,085	-0.29 (1.09)	p<.001
	No	1,505	-0.56 (1.01)		1,151	-0.17 (0.84)		1,505	-0.49 (1.05)	
How often do you floss (times per week)?	Never	1,506	-0.55 (1.01)	p<.001	1,151	-0.17 (0.84)	p<.001	1,506	-0.49 (1.05)	p<.001
	1 to 4	1,825	-0.16 (1.01)		1,538	0.15 (0.77)		1,825	-0.25 (1.08)	
	5 to 7	2,160	-0.16 (1.03)		1,788	0.22 (0.79)		2,160	-0.23 (1.08)	
	> 7	1,100	-0.43 (0.91)		872	0.06 (0.78)		1,100	-0.45 (1.10)	
How many times a day do you brush your teeth?	< once	188	-0.78 (1.10)	p<.001	128	-0.36 (0.91)	p<.001	188	-0.70 (1.11)	p<.001
	1 to <2	1,570	-0.38 (1.04)		1,260	-0.04 (0.81)		1,570	-0.41 (1.02)	
	2 +	4,845	-0.25 (1.00)		3,970	0.15 (0.80)		4,845	-0.29 (1.09)	